

HOUSEKEEPING FOR TWO

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ONE or two more hot breads may be convenient for use when the bread supply is low, or a variation is desirable. One of the simplest of these is baking powder biscuit, and they can be made quite as successfully in small quantity as in large.

Baking Powder Biscuits. One cup flour, two teaspoons baking powder, three-eighths teaspoon salt, one tablespoon shortening, about one-third cup milk or water. Mix the flour, baking powder, and salt, and sift twice, so that the powder may be very evenly distributed through the flour. Cut the shortening, which may be butter or lard or both, into the flour with a knife, or work it in lightly with the finger-tips. The shortening should practically disappear in the flour. Then add a little wetting, and with a knife toss the flour into the wetting until you have a little ball of soft dough. Add more wetting and make another ball, and so on, until the flour is all moistened. Then cut the balls all lightly together and toss out on a floured board. The dough should be as soft as can be handled on the board without sticking. Pat it out with a knife, or roll gently with rolling pin until it is half an inch thick. Cut out round with a cooky cutter, or the top of the baking powder box, or anything else that will cut them, put them on a shallow pan and bake them ten or twelve minutes in a quick oven. If you want them to puff up high, crowd them together in the pan. If you want them crusty all around, leave a space between the biscuits.

The success of your biscuits will depend largely upon your handling of the mixture. The manipulation must be very light, and the less the dough is handled and worked over, the better. Water makes the biscuit a little more tender than milk. Half this quantity can be made.

Drop Biscuit. One cup flour, one and three-fourths teaspoons baking powder, one-fourth teaspoon salt, one and one-half tablespoons butter, about one-half cup of milk. These are mixed exactly like the baking powder biscuit, but the dough should be softer, about the consistency of thick mush. Drop or push them from a spoon onto a pan, leaving plenty of space between the biscuit. Bake like the rolled biscuit. They are very good, and a little easier to make than the others.

Graham Muffins. One-half cup white flour, one-half cup graham flour, one and three-fourths teaspoons baking powder, one-fourth teaspoon salt, one-half cup milk, two tablespoons beaten egg, one tablespoon molasses, one and one-half tablespoons melted butter. Mix and sift dry ingredients, add milk, beaten egg, and melted butter. Fill greased muffin tins two-thirds full of mixture and bake in a moderate oven thirty minutes.

The proportion of white and graham flour may be varied, and a good muffin can be made entirely of graham flour. Entire wheat flour also makes good muffins. In these sugar may be used instead of molasses, if you like.

Waffles. These require, of course, a waffle iron. The irons are made either for the coal or gas range. Those intended for the coal range are not convenient for the gas stove, although they can be used with care.

For the waffle batter we use seven-eighths cup flour, seven-eighths teaspoon baking powder, few grains salt, one-half cup milk, one teaspoon melted butter, one egg. Mix and sift flour, baking powder and salt, stir in milk, beaten yolk of egg, melted butter; then cut and fold in the white of egg beaten stiff. Have the waffle iron hot and very thoroughly greased. It can be greased with a piece of fat salt pork on a fork, or with a pastry brush dipped in melted fat. Put about two table spoons of the batter in each section of the iron, close the iron, and when the lower side of the waffles is nicely browned, turn the iron and brown the other side.

Caramel Syrup. Nothing can equal genuine maple syrup, but we can't have it always, and a home-made caramel syrup is better than most of the table syrups on the market. Put half a cup of granulated sugar in a sauce-pan or frying-pan. Put it over the fire and stir until the sugar melts; continue heating until it turns a light coffee color. Add one-half cup of boiling water, and simmer until the syrup is of the desired thickness. The sugar will gather in a hard mass when the boiling water is poured on, but it will redissolve as it simmers. This syrup can be made in larger quantity and kept on hand.

Rock Buns. This is an excellent little English tea cake. I am going to give this in larger quantities than we have been using, because if you want sometimes to serve a cup of tea and cakes, you will need more of them. These are heavier cakes than we Americans usually serve at afternoon tea, but they are so good that your guests would forgive you for having them.

Two cups flour, two teaspoons baking powder, one-half teaspoon salt,

one-fourth teaspoon ginger, one-sixteenth teaspoon nutmeg, six tablespoons English currants, one tablespoon candied peel (orange, lemon, or citron), six tablespoons butter, six tablespoons sugar, one egg, one-fourth cup milk. Cream the butter, add the sugar gradually, then beaten egg and milk. Mix and sift flour, baking powder, salt and spices, and add to mixture. Then stir in the fruit. The dough should be so stiff that it must be pushed from the spoon. Add more flour if necessary. Take the dough up in small spoonfuls and drop it on a greased tin in little rough mounds, leaving plenty of space between the cakes. Bake about fifteen minutes in a rather hot oven. If the dough is too soft, they will spread out like cookies, instead of keeping their rough, irregular surface, as they should. Half this rule will work satisfactorily.

Gingerbread. One-half cup flour, three-eighths teaspoon baking powder, one-eighth teaspoon soda, one-fourth teaspoon ginger, one-fourth teaspoon cinnamon, two tablespoons sour milk, two tablespoons molasses, one tablespoon beaten egg, one tablespoon butter, two tablespoons sugar. Cream the butter, add the sugar gradually, beaten egg, molasses, sour milk, then all the dry ingredients mixed and sifted together. Turn into a small tin pan or into muffin tins, and bake in a moderate oven. The tins should be thoroughly greased, as gingerbread is prone to stick. They should not be more than half filled with the batter. Especial care must be taken also that the oven is not too hot, as the molasses makes the gingerbread scorch easily. When the cake is done, it will spring back when touched lightly with the finger and will shrink slightly from the sides of the pan.

TO TEACH MAIL REGULATIONS

SUPERINTENDENT BRUMBAUGH, of the public schools of Philadelphia, stated that he heartily approved of the suggestion of Postmaster General Meyer that postmasters coöperate with school teachers in familiarizing pupils regarding the mail regulations, so as to reduce the number of misdirected letters. The suggestion to the postmasters is to confer with the school authorities, and wherever possible deliver short talks to the pupils upon the postal service.